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Kale Soup

By Eric Adams

Ingredients

- Small amount of olive oil or coconut oil
- 1 cup veggie ham, cut into strips OR veggie sausage, sliced
- 1 yellow onion, sliced
- 2-3 cloves garlic, chopped
- ½ head small, green cabbage, shredded/cut into thin strips
- 1 small bunch kale, shredded/cut into thin strips
- 1 large tomato, diced
- 2 large red potatoes, washed well and diced
- 2 quarts of water, more if necessary
- 2 tablespoons McKays Chicken Style Seasoning
- Pepper-Like Seasoning, (savory, thyme, salt, red pepper flakes to taste)

Instructions

1. In a large pot, place a small amount of olive or coconut oil.
2. Heat and add veggie meat, stir-frying till brown.
3. Add onions and garlic. Cook for about 2-3 minutes.
4. Add cabbage, kale, tomato and potatoes.
5. Stir-fry till cabbage and greens are limp.
6. Stir in seasonings.
7. Add 1 quart of water, then more to allow for ingredients to float around.
8. Bring to boil, then turn down and let simmer till potatoes are tender.
9. Add more water if necessary.
10. Adjust seasonings to taste